

## Upside Down Cheesecake w/Frt100

Number of Servings: 100 (235.77 g per serving)

| Amount | Measure | Ingredient                                |
|--------|---------|---|
| 5 1/4  | oz      | Gelatin, orange, sugar free, dry mix, svg |
| 2 1/2  | gal     | Water, tap                                |
| 10.00  | lb      | Cream Cheese, fat free                    |
| 100.00 | ea      | Crackers, graham, honey, squares          |
| 5 1/2  | cup     | Topping, whipped, lite                    |
| 11.00  | qt      | Mandarin Oranges, cnd, w/juice, drained   |

### Nutrients per serving

| Nutrition Facts  |           |                      |
|--|-----------|----------------------|
| Serving Size (236g)  |           |                      |
| Servings Per Container   |           |                      |
| Amount Per Serving   |           |                      |
| Calories 120   |           | Calories from Fat 15 |
|  |           | % Daily Value*       |
| Total Fat 2g   |           | 3%                   |
| Saturated Fat 1g   |           | 5%                   |
| Trans Fat 0g   |           |                      |
| Cholesterol 5mg  |           | 2%                   |
| Sodium 350mg   |           | 15%                  |
| Total Carbohydrate 17g   |           | 6%                   |
| Dietary Fiber 1g   |           | 4%                   |
| Sugars 10g   |           |                      |
| Protein 8g   |           |                      |
| Vitamin A 30% • Vitamin C 45%  |           |                      |
| Calcium 10% • Iron 4%  |           |                      |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |           |                      |
|  | Calories: | 2,000 2,500          |
| Total Fat  | Less than | 65g 80g              |
| Saturated Fat  | Less than | 20g 25g              |
| Cholesterol  | Less than | 300mg 300 mg         |
| Sodium   | Less than | 2,400mg 2,400mg      |
| Total Carbohydrate   |           | 300g 375g            |
| Dietary Fiber  |           | 25g 30g              |
| Calories per gram:   |           |                      |
| Fat 9 • Carbohydrate 4 • Protein 4   |           |                      |

### Instructions

Recipe must be started the day or two before serving.

EACH .3 oz of sugar free jello = approx. 1 Tbsp & 1/6 tsp (enough for 5 servings)

Bring half of the water to a boil and dissolve sugar free orange or lemon gelatin in it. Stirring until well dissolved. Add the other half of the water. Let set at room temperature (cover) until the next a.m. It will be slightly gelled.

Warm cream cheese slightly in microwave to bring it to room temperature.

Line pan(s), that will hold the # servings being prepared, with the # of graham cracker squares called for in the recipe.

In mixer or blender mix cream cheese with 1/4 of the slightly gelled gelatin mixture until creamy. Add the rest of the gelatin mixture and blend well. Pour over graham cracker squares in pan. Refrigerate until set, at least 3 hours or more.

Cut into squares; serve 1/2 cup well drained fruit (kind of fruit can vary, fresh unsweetened fruit may be used) over cheesecake and add a tablespoon of light whipped topping.

1 serving = 1 carb serving and equals 1 fruit serving

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

#### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

#### Storing :

- Store refrigerated at an internal temperature of 38 - 40 F.

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